

Order of Worship

10:50 a.m. – 12:10 p.m.

(Please turn off all cell phones & pagers for the worship service)

Prelude “Carillon” *Herbert Murrill*

Hymn of Praise “O Praise Ye the Lord” No. 20

Call to Worship

O God of the morning and of the evening hours,
let your Spirit come on us here gathered.

**This is the holy place where we, your people, call on you in faith,
joining heart and voice in thanksgiving and praise to your name.**

Greetings & Prayers of the Congregation Meredith Jobe
(please remain standing for prayer)

Prayer Response (No. 100)

Great is thy faithfulness! Great is thy faithfulness!
Morning by morning new mercies I see;
All I have needed Thy hand hath provided,
Great is thy faithfulness! Lord unto me!

Anthem “One Faith, One Hope, One Lord” *Craig Courtney*

Call to Offering Malcolm Mumford

Offertory “Behold the Man” *Jimmy Owens*
Jesse Martin, *solo*

Children’s Sermon Cherise Gardner

Anthem “Peace Like a River” *Mack Wilberg*

Scripture **Luke 15:11-32** Jonatan Cvetko,
Sierra Szutz

Sermon “Home is the Place...” Charles Scriven

Hymn of Response “O Love of God, How Strong and True” No. 79

Benediction Charles Scriven

Musical Response

Postlude “Trumpet Voluntary in D Major” *John Stanley*

Sabbath School Options

Class	Age	Location	Symbols/Leaders
Beginners	0-3 yrs	Room 3	Elephant
Kindergarten	3-5 yrs	Room 4	Giraffe
Primary	6-9	Room 2	Eagle
Junior	10-12 yrs	Room 1	Lion
Teen	13-19 yrs	Room 10b	Fish
Armenian	General	Room 11	
Romanian	General	Room 13	
Pastor	General	Fellowship Hall	-
SS Quarterly	General	Chapel	-

Worship Options

Option	Location	Sequence
Sanctuary Service	Main Sanctuary	Every Sabbath
Romanian Service	Chapel	1st and 3rd Sabbaths
Armenian Service	Chapel	2nd and 4th Sabbaths

Activities

Event	Location	Sequence
Choir Rehearsal	Choir Room	Sabbath at 9:15 am
Pathfinders	GAMC Gymnasium	Tuesday at 6:45 pm
Children’s Choir	Room 10b	Sabbath at Noon
Marathon Clinic	Verdugo Park	Sunday at 7:00 a.m.

Church Directory

Pastoral Staff

Smuts van Rooyen, Senior Pastor (626-256-4240)
Cherise Gardner, Family & Children’s Ministries (626-484-8436)
Leif Lind, Church Administrator (909-557-5230)

Hovik Sarrafian, Armenian Senior Pastor (909-796-9536)
Vartkes Azadian, Armenian Associate Pastor (626-335-6507)
Dorin Lataeanu, Romanian Senior Pastor (909-528-2545)

Officers

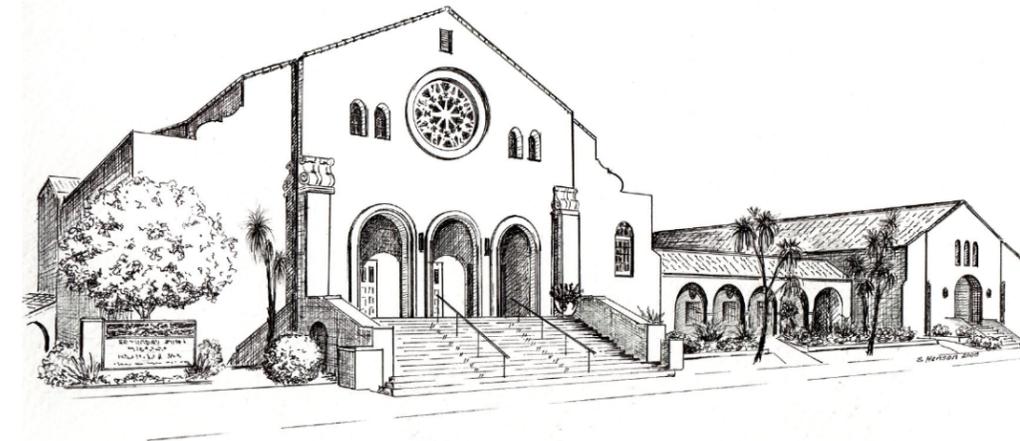
Head Elder	Don Greathouse (626-796-8579)
Head Deacon	John Nielsen (818-605-0057)
Head Deaconess	Eleanor Posner (818-281-5822)
Church Board Chair	Vincent Haynes (213-276-2131)
Sanctuary Choir Director	Jean-Sébastien Vallée (831-420-7584)
Children’s Choir Director	Lissie Quishenberry (lissie@crazyladymusic.com)
Organist	Kemp Smeal (714-658-4885)
Secretary	Victoria Lucero (818-244-7241 office)
Treasurer	Dean Vendouris (818-244-7241 office)
Church Clerk	Mindi Rüb (mindilus@mac.com)
A+ School Board Chair	Beverly Tarr (626-449-7319)
A+ School Director	Malisa Smith (818-241-9353 school)
Pathfinder Director	Warren Dale (818-384-2820)
Facilities Administrator	Wayne Libby (760-409-6719)

Church Office Hours

Monday-Thursday 9:00 a.m.-4:00 p.m.; Friday 9:00 a.m.-2:00 p.m.
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Glendale City Seventh-day Adventist Church



March 26, 2011

“Revealing Christ, affirming all.”

Responsive Reading

Luke 15:11-32

The Parable of the Lost Son

There was a man who had two sons. The younger one said to his father, “**Father, give me my share of the estate.**” So he divided his property between them.

Not long after that, the younger son got together all he had, set off for a distant country and there squandered his wealth in wild living. After he had spent everything, there was a severe famine in that whole country, and he began to be in need. So he went and hired himself out to a citizen of that country, who sent him to his fields to feed pigs. He longed to fill his stomach with the pods that the pigs were eating, but no one gave him anything.

When he came to his senses, he said, “**How many of my father’s hired men have food to spare, and here I am starving to death! I will set out and go back to my father and say to him: Father, I have sinned against heaven and against you. I am no longer worthy to be called your son; make me like one of your hired men.**” So he got up and went to his father.

But while he was still a long way off, his father saw him and was filled with compassion for him; he ran to his son, threw his arms around him and kissed him.

The son said to him, “**Father, I have sinned against heaven and against you. I am no longer worthy to be called your son.**”

But the father said to his servants, “**Quick! Bring the best robe and put it on him. Put a ring on his finger and sandals on his feet. Bring the fattened calf and kill it. Let’s have a feast and celebrate. For this son of mine was dead and is alive again; he was lost and is found.**” So they began to celebrate.

Meanwhile, the older son was in the field. When he came near the house, he heard music and dancing. So he called one of the servants and asked him what was going on. “Your brother has come,” he replied, “and your father has killed the fattened calf because he has him back safe and sound.”

The older brother became angry and refused to go in. So his father went out and pleaded with him. But he answered his father, “**Look! All these years I’ve been slaving for you and never disobeyed your orders. Yet you never gave me even a young goat so I could celebrate with my friends. But when this son of yours who has squandered your property with prostitutes comes home, you kill the fattened calf for him!**”

“My son,” the father said, “you are always with me, and everything I have is yours. But we had to celebrate and be glad, because this brother of yours was dead and is alive again; he was lost and is found.”



Fellowship Potlucks

Our once-a-month Fellowship Potlucks are a wonderful opportunity for creating community! Enjoy visiting with new and old members of our Church and getting acquainted with visitors, all while savoring good food. This is also a great day to invite your friends to Church. So please, mark your calendar and plan on joining us in creating and enriching our community!

Potluck Sabbath is the fourth Sabbath of the month, unless otherwise announced in the bulletin. See you there!

UPCOMING POTLUCKS

March 26 (*today*) @ 12:30 p.m.

April 23 @ 12:30 p.m.

May 28 @ 12:30 p.m.

Members—we encourage you to bring a main dish and the Church supplies the rest.

Closing Hymn #79: “O Love of God, How Strong & True”

1. O love of God, how strong and true!
Eternal, and yet ever new;
Uncomprehended and unbought,
Beyond all knowledge and all thought.

2. O love of God, how deep and great,
Far deeper than man’s deepest hate;
Self-fed, self-kindled like the light,
Changeless, eternal, infinite.

3. We read thee best in Him who came
To bear for us the cross of shame;
Sent by the Father from on high,
Our life to live, our death to die.

4. We read Thy power to bless and save,
E’en in the darkness of the grave;
Still more in resurrection light
We read the fullness of Thy might.

5. O love of God, our shield and stay
Through all the perils of our way!
Eternal love, in thee we rest,
Forever safe, forever blest.

Upcoming Sermons & Events

Elder of the Day	Judson Ravi
April 2	Smuts van Rooyen
April 9	Communion Smuts van Rooyen
April 16	Leif Lind
April 23	Easter Sabbath Rudy Torres

Sunset tonight – 7:07 p.m. Sunset next Friday – 7:13 p.m.

City Church Announcements

*“All are welcome — whoever you are, whatever your journey or background.
God excludes no one, and neither do we.”*

Flower Calendar. Do you have a special event that you would like to commemorate? Please do so by helping to sponsor the pulpit flowers! You can sign up on the calendar chart in the Narthex, printing your name and event clearly so we can use that information in the bulletin describing the occasion to remember.

We welcome our **guest speaker this morning, Dr. Charles Scriven, President of Kettering College of Medical Arts and Chairman of Adventist Forum/Spectrum Board.** He will also be addressing the **L.A. Adventist Forum** at 3 p.m. this afternoon in the Chapel of the Good Shepherd, where he will be speaking on “The Promise of Peace: Toward a Post-Conventional Adventism.” All are welcome.

Apply for Scholarship Aid. Funds for help with school (grades 9-12 and University) are currently available from The Pacific Union Conference Endowment Scholarship and the Baybarz Scholarship. To request an application form call 818-546-8451. Return the form to the Office of Education at our Conference office, latest by April 21.

Mozart’s Requiem tonight, March 26, 7:30 p.m. at Vallejo Drive Adventist Church. Experience Mozart’s last composition and one of his most popular and respected works. Performed by Los Robles Master Chorale and El Dorado Opera, directed by Lesley Leighton. Tickets: \$10.00 each. More info: 818-390-7196 or www.ShowClix.com.

Missing pair of **red prescription glasses.** If anyone has seen them, please call the church office.

SDA member looking for a **5-day-weekday live-in caregiver** in Canoga Park for elderly father in exchange for room and board. No personal care is required; father spends 10–4 p.m. at senior center. Duties would include preparing meals, light clean up, monitoring pills. Ideal for student. Call Carol Riggins 818-207-9017.

Church parking. While street parking is limited, you may also use the large adjacent shopping center parking lot, entering from either California Ave. (street-level parking), or from Glendale Ave. (upper- and lower-level covered parking). If you park in the lower level and are unable to use stairs, you may use the elevator or the access corridor beside Ralph’s, which leads to the A+ parking lot on Isabel Street.

**Glendale City Health Education:
March 2011, National Nutrition Month:
Dietary Guidelines for Americans, Part 4**

Where did the 2010 Dietary Guidelines not go far enough in its recommendations? Some experts feel that the recommendation, “Consume at least half of all grains as whole grains” is not strong enough. Based on this guideline, only 3-6 of the 6-12 daily servings of grains need to be consumed as whole grains – certainly, an improvement given that the average American eats less than one daily serving of whole grains. However, due to their health benefits, it may be prudent to consume most servings as whole grains.

Whole grains or cereal grains are grasses whose fruit is the seed, or kernel. The kernel contains the whole package of nutrients. It consists of the outer bran layer rich in B-vitamins, phytonutrients/antioxidants (flavonoids, indoles), fiber (lignin), and minerals (zinc, copper, magnesium, and iron); and little protein. The middle endosperm layer is largely carbohydrate, protein, small amounts of B-vitamins, and soluble fiber. The inner germ is also rich in phytonutrients, iron, zinc, B-vitamins, Vitamin E, and healthy fats; it contains some protein.

Refined or processed grains have the bran and germ removed, leaving only the endosperm. This gives a finer texture and improves shelf life, but loses nearly 25% of the grain’s protein and at least 17 key nutrients including fiber, iron and B-vitamins. Enriching replaces some of the lost B-vitamins and iron, but not other valuable nutrients.

Numerous research studies have shown many health benefits in consuming whole grains versus refined grains. Benefits include lower blood pressure; protection against heart disease, diabetes, diverticular disease, and some types of cancers; less abdominal fat; and weight management. The Whole Grains Council’s website offers a summary of several studies on the health benefits of grains (reference below, click on “Whole Grains 101”).

With evidence supporting the consumption of whole grains, the Whole Grains Council and a panel of scientific and culinary advisors created the Whole Grain Stamp in 2005. Every product that bears the stamp must contain at least 8 grams of whole grain per serving. Products that bear the 100% Whole Grain Stamp must contain 16 grams of whole grain per serving (or a full serving as recommended by the USDA’s “MyPyramid.” Some restaurants now mark menu items containing whole grains with a “Whole Grain Menu Symbol.”

Increase whole grains in your diet by consuming whole grains with each meal. Also,

- Replace refined cereals with whole and mostly-whole grain breakfast cereals, such as: Cheerios, Granola/museli, Grape-Nuts, Nutri-Grain, Shredded Wheat, Total, Quaker Multigrain, Weetabix, Oatmeal, Kasha/Buckwheat, and Bob’s Red Mill 8-Grain cereal.
- Replace potatoes with quinoa, brown rice, millet, bulgar wheat, and wild rice. (To achieve a fluffy brown rice, rinse with cold water and brown in a skillet, stirring frequently, before steaming.)
- Replace refined breads, crackers, pancake/waffle/muffin mixes, and pasta with whole grain products, such as Ezekial bread, whole wheat tortillas, and Ronzoni Healthy Harvest Pastas.
- Add whole grains to soups, stews, casseroles, salads and recipes that call for dry bread crumbs.

For more information, contact Kathy McFarland, DrPH, MPH, MN, RN.

*U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans, 2010*. 7th Edition, Washington, DC: U.S. Government Printing Office, December 2010.

* <http://www.wholegrainscouncil.org>

*Nutrition Action Health Letter, “The Whole Grain Guide,” March 1997, www.cspinet.org

*Kochar Jinesh MD and David L Katz MD, MPH. Presentation at the 51st Cardiovascular Disease Epidemiology and Prevention Annual Conference, Atlanta. Physicians Healthy Study I

*<http://www.mypyramid.gov/pyramid/grains.html> *<http://www.healthgrain.eu/pub/chapter-one.php>

Glendale City Health Education Events

April 23 at 1:40 p.m. following potluck and prior to the Adventist Forum: **Dr. Samudrala** presents the latest on back care. Room location to be announced.

May 6, Los Angeles Area, Forks Over Knives - For those who have been asking when *Forks Over Knives* will be shown commercially in this area, they have listed show times and locations at <http://www.forksoverknives.com/showtimes/>. The DVD will be out around Sept. 1.

If you missed the lecture by Caldwell B. Esselstyn Jr., MD on Mar. 5, you can still purchase his book, *Prevent and Reverse Heart Disease*. Just send your check for \$15, made out to Southern California Conference and mail to P. O. Box 969, Glendale CA 91206, Att: Betty Cooney.

Produced by: Dr. Kathy McFarland, Glendale City Health Education, a ministry of *The Mitch Henson Love Adds to Love Committee*.

Contact: (626) 398-1445, actionsforwellness@sbcglobal.net

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